

What is claimed is:

1. A wale for use in bracing a retaining wall, said wale comprising:
 - a back wall;
 - a front wall having a channel formed therein; and
 - a plurality of connecting walls connecting said back and front walls to form at least one chamber between said back wall and said front wall.
2. The wale of claim 1 wherein said wale is of a unitary construction and said plurality of connecting walls includes a top wall and a bottom wall, and wherein a single chamber is formed between said back wall and said front wall.
3. The wale of claim 1 wherein said wale is of a unitary construction and said plurality of connecting walls includes a top wall, an upper reinforcing wall, a lower reinforcing wall, and a bottom wall, and wherein a plurality of chambers are formed between said back wall and said front wall.
4. The wale of claim 1 wherein said wale further comprises a pultruded composite material.
5. The wale of claim 4 wherein said composite material is fiberglass reinforced plastic resin impregnated composite.
6. A retaining wall wale, comprising:
 - a back wall;
 - a front wall having a top portion and a bottom portion interconnected by a C-shaped channel portion;
 - a top wall connecting said back wall to said top portion; and
 - a bottom wall connecting said back wall to said bottom portion to form a chamber between said back wall and said front wall.
7. The wale of claim 6 further comprising:
 - an upper reinforcing wall and a lower reinforcing wall each connecting said back wall to at least one of said top portion, said C-shaped channel portion, and said bottom portion such that a plurality of chambers are formed between said back wall and said front wall.

8. A retaining wall system, comprising:
 - a plurality of inter-locking sheet pilings; and
 - a tieback system comprising:
 - a plurality of anchors;
 - a plurality of tieback rods;
 - a plurality of tieback fasteners; and
 - a member for distributing a force exerted by said anchors, said tieback rods, and said tieback fasteners along said plurality of sheet pilings, at least one of said tieback rods and said member being constructed of a pultruded, composite material.
9. The retaining wall system of claim 8 further comprising:
 - a cap member for covering a top of said plurality of sheet pilings;
 - a cap spacer tube; and
 - a cap connector for joining at least two adjacent cap members.
10. The retaining wall system of claim 8 wherein each of said plurality of interlocking sheet pilings further comprises:
 - a male connector extending along a first edge thereof; and
 - a female connector extending along a second edge thereof.
11. The retaining wall system of claim 8 further comprising an angled sheet piling connector for interlocking with an edge of said sheet pilings.
12. The retaining wall system of claim 8 wherein said member for distributing a force is a cap channel.
13. The retaining wall system of claim 8 wherein said member for distributing a force is a wale.
14. The retaining wall system of claim 13 wherein said wale further comprises:
 - a back wall;
 - a front wall having a channel formed therein; and
 - a plurality of connecting walls connecting said back and front walls to form at least one chamber between said back wall and said front wall.

15. The retaining wall system of claim 14 wherein said retaining wall system further comprises a wale splice formed to fit within said channel of and cover at least a portion of said front wall of said wale.
16. The retaining wall system of claim 8 wherein each of said plurality of tieback rods has a first end and a second end, said first end being secured to one of said anchors, said second end being secured on an opposite side of said retaining wall relative to said anchors, said second end passing through said sheet pilings.
17. The retaining wall system of claim 8 wherein a portion of at least one of said plurality of tieback rods comprises a pultruded composite material.
18. The retaining wall system of claim 16 wherein said second end passes through at least one of said cap and said waler.
19. The retaining wall system of claim 8 wherein said cap further comprises:
 - a plurality of walls forming a T-shaped channel, said plurality of walls comprising:
 - top wall connecting a first upper side wall and a second upper side wall;
 - a first offset wall connecting said first upper side wall to a first lower side wall; and
 - a second offset wall connecting said second upper side wall to a second lower side wall.
20. The retaining wall system of claim 19 wherein said cap further comprises:
 - a plurality of walls forming a T-shaped channel, said plurality of walls comprising:
 - top wall connecting a first upper side wall and a second upper side wall;
 - a first offset wall connecting said first upper side wall to a first lower side wall; and
 - a second offset wall connecting said second upper side wall to a second lower side wall, said second offset wall and said lower side wall forming a cap channel.
20. The retaining wall system of claim 19 further comprising a cap spacer tube, said cap spacer tube operable to separate said first lower side wall from said second lower side wall.
21. The retaining wall system of claim 20 wherein said cap spacer tube further comprises a square, hollow tube having an opening on one side thereof.

22. The retaining wall system of claim 8 wherein said cap slice is sized to fit into a void formed within said cap member.
23. The retaining wall system of claim 8 wherein said cap slice is sized to fit into a void formed by said cap member and said plurality of sheet pilings.
24. A tieback rod for use in bracing a retaining wall, comprising:
 - a rod shaft having a first end and a second end; and
 - a portion of said tieback rod being a pultruded composite material.
25. The tieback rod of claim 24 wherein said tieback rod is of a unitary construction.
26. The tieback rod of claim 24 wherein said rod shaft further comprises a metallic material encased within a pultruded composite material.
27. The tieback rod of claim 24 wherein said rod shaft is of a predetermined diameter and said first end is separated from said second end by a predetermined length.